

2001 Human Behavior Course Block 2 Exam

LAST NAME

FIRST NAME

DATE

PLEASE **DO NOT START** THE TEST UNTIL YOU ARE INSTRUCTED TO DO SO.

When you receive the exam, first **CHECK** that all pages are present. You should have **15 pages** and **40 questions** counting the front and back cover pages.

DIRECTIONS: Each of the questions or incomplete statements below is followed by five suggested responses or completions. Select the **one** that is **best** in each case.

1. Which of the following are warning signs that there may be marital problems in a medical (or other) marriage?
 - A. The couple is no longer "best friends".
 - B. Short-term fantasies of separation that last for minutes or several hours.
 - C. Increased number of affectionate gestures.
 - D. Increased emotional availability within the marriage.
 - E. Increased sexual interest and activity.

2. The following are strategies DSM-IV uses to fit the spectrum of emotional signs and symptoms into a finite number of discrete categorical diagnoses EXCEPT
 - A. An atheoretical and phenomenological system
 - B. Diagnostic hierarchies (some diagnoses take priority over other diagnoses in the event that both are present)
 - C. Comorbidity is allowed (the coexistence of two or more mental disorders at the same time)
 - D. Categories that combine the features of two different categories (e.g., schizophrenia and a mood disorder).
 - E. Categories that cover 'atypical' presentations that don't fit into other categories

3. Each of the following is a cardinal diagnostic feature of schizophrenia EXCEPT:
 - A. Delusions
 - B. Hallucinations
 - C. Flat affect
 - D. Disturbed social or occupational function
 - E. Duration of symptoms of one month or longer

4. Efficacious treatments for post-traumatic stress disorder include
 - A. Thioridazine.
 - B. Behavioral therapy.
 - C. Minor tranquilizers.
 - D. Sertraline.
 - E. Both B and D

1. Vascular dementia is often cited as an example of a
 - A. Cortical dementia.
 - B. Subcortical dementia.
 - C. Mixed dementia.
 - D. Pseudodementia.
 - E. Toxic-metabolic dementia.

2. Problems related to interaction with the legal system
 - A. DSM-IV Axis I
 - B. DSM-IV Axis II
 - C. DSM-IV Axis III
 - D. DSM-IV Axis IV
 - E. None of the above

THE FOLLOWING VIGNETTE PERTAINS TO ITEMS 7 THROUGH 10

A 19-year-old woman is attempting to gain entrance to the White House to speak with the President of the United States. She states that she wishes to complain about mental health care in this country. She has threatened to harm White House staff, Secret Service personnel, and others for preventing her from seeing the President. When you examine her, she speaks rapidly and with pressured speech. She discusses, at length, her special powers and the fact that God speaks to her directly. Her family adds that she has not slept in several nights and that she has serious financial problems due to excessive use of her credit cards.

3. Which of the following DSM-IV diagnoses BEST describes this patient's condition?
 - A. Bipolar I disorder (single manic episode, severe with mood congruent psychotic features).
 - B. Bipolar II disorder (most recent episode hypomanic, severe, with psychotic features).
 - C. Posttraumatic stress disorder.
 - D. Adjustment disorder with disturbance of conflict.
 - E. Intermittent explosive disorder.

4. Which of the following medication combinations would be the MOST useful in treating this patient?
- A. Lithium carbonate/amitriptyline.
 - B. Lithium carbonate/aminophylline.
 - C. Lithium carbonate/haloperidol.
 - D. Paroxetine/haloperidol.
 - E. Paroxetine/thiothixene.
5. Which of the following laboratory studies would be essential to obtain prior to initiating the medications chosen in the preceding question?
- A. CT scan of the head.
 - B. Electroencephalogram (EEG).
 - C. Liver function panel.
 - D. Pregnancy test.
 - E. Vitamin B12 level.
6. The following could contribute to the woman's symptoms EXCEPT
- A. Antidepressant medications
 - B. Cocaine
 - C. Religious devotion
 - D. Long summer days (biological rhythms)
 - E. Recent discontinuation of valproic acid (same as valproate)
7. Which of the following is a common abnormality in patients with schizophrenia as detected by CT?
- A. Decreased ventricular-to-brain ratios.
 - B. Decreased occipital lobe mass.
 - C. Enlargement of the third ventricle.
 - D. All of the above.
 - E. None of the above

8. Which of the following is NOT associated with increased relative risk of suicide?
- A. Past history of a near-lethal suicide attempt.
 - B. Perception of poor social support.
 - C. Disfiguring injury or chronic illness.
 - D. Recent marriage.
 - E. Elder male (versus younger female).
9. The adverse effects of military children watching media war coverage include
- A. Fear of leaving their home
 - B. Nightmares and insomnia
 - C. Worry that their deployed parent(s) are involved in battle
 - D. Abandonment fears
 - E. All of the above
10. Adjustment disorder with depressed mood or mixed mood is associated with which of the following findings compared with depressive disorders?
- A. Increased rate of suicide.
 - B. Longer hospitalizations.
 - C. Higher rate of relapse.
 - D. More marital problems.
 - E. More psychotic episodes.
11. The essential feature of bipolar I disorder is
- A. One or more episodes of major depression before the first manic episode.
 - B. A pattern of depression-mania-euthymia.
 - C. A pattern of mania-depression-euthymia.
 - D. A history of at least one manic episode.
 - E. Hypomania and recurrent major depressive episodes without mania.

12. Which of the following features is associated with a favorable outcome in schizophrenia?

- A. Presence of obsessive symptoms.
- B. Normal neurological examination.
- C. An insidious onset of symptoms.
- D. A clear sensorium on mental status examination.
- E. Absence of affective symptoms.

THE FOLLOWING VIGNETTE PERTAINS TO ITEMS 17-19

A 40-year-old white married woman comes to the clinic with complaints of vague abdominal pain of three months duration and the certainty that she has cancer. She has been referred to the clinic after exhaustive medical examinations, the results of which have always been within normal limits. Despite numerous tests and hospitalizations, she continues to believe that she has cancer, but "the doctors just haven't found it yet."

Over the past three months, she has experienced early morning awakening and loss of appetite. She has lost 12 pounds, which she attributes to the effects of cancer. She is unable to find even momentary pleasure in anything and has been unable to do her housework. She thinks her family would be better off without her. She has a sad, mask-like facial expression. Her speech is monotonous and slow. Her sentences often begin after long, sighing expirations. Tears come to her eyes when she begins to talk about the fact that her youngest child left for college three months ago.

Previously she had been well. She denies a previous history of similar symptoms and has received no prior medical or psychiatric help. Although regarded by others as unduly serious, formal, and perfectionistic, she takes pride in the way she is: "I guess I was a 'workaholic,' but that's the way I am."

13. During treatment, which of the following should make the therapist LESS concerned about suicide?

- A. The patient's mood and energy level improves.
- B. The patient has a family history of suicide.
- C. The patient tells about her suicidal ideas and plans, not disavowing them.
- D. The patient made a suicide gesture one week ago.
- E. None of the above.

14. Which of the following is FALSE about suicide?
- A. About 30,000 suicides are reported annually in the United States.
 - B. Certified suicides constitute 12 deaths per 100,000 people each year.
 - C. Men commit suicide three times more frequently than women.
 - D. Among men, the rate of suicide peaks after age 45.
 - E. Marriage increases the risk of suicide.
15. DSM-IV Axis II
- A. Severe myocardial infarction within the past week
 - B. Current GAF Score 20, Highest GAF Past Year 55
 - C. Antisocial Personality Disorder
 - D. Sublimation
 - E. Lack of health insurance
16. Which of the following statements about the clinical differentiation of delirium and dementia is FALSE?
- A. The onset of delirium is sudden
 - B. The duration of delirium is usually less than one-month
 - C. In delirium, symptoms worsen at night
 - D. The sleep-wake cycle is disrupted in delirium
 - E. Visual hallucinations and transient delusions are more common in dementia than in delirium
17. Which of the following is NOT a common consequence of trauma?
- A. Schizophrenia
 - B. Conversion disorder
 - C. Acute stress disorder
 - D. Alcohol dependence and other substance use disorders
 - E. All of the above are common consequences of trauma

18. All of the following are heavy metals environmental toxins with potential behavioral consequences EXCEPT
- A. Mercury
 - B. Manganese
 - C. Tungsten
 - D. Lead
 - E. Thallium
19. Which of the following is NOT a sign of impending violence?
- A. A verbal threat
 - B. A rage reaction
 - C. Ecstasy intoxication
 - D. Excessive sleepiness
 - E. Catatonic excitement
20. Which of the following statement(s) is (are) FALSE?
- A. Single medical students experience less stress than do married medical students.
 - B. Available data suggest that women in medical school experience more stress if they are married than if they are not.
 - C. Research strongly suggests that male medical students experience more stress if they are married than if they are not.
 - D. About half of all physicians and half of the spouses of physicians have sought marital counseling at some point.
 - E. A and C are false

21. You are seeing a 28-year-old woman in the emergency room. She was sexually assaulted four days ago after she was sexually assaulted on the way to her car after work. She has not told anyone, but is now seeking care because she "is dying inside and cannot hold it in anymore". She has no prior psychiatric history, but you diagnose acute stress disorder. Which of the following is TRUE?
- A. She will probably have post-traumatic stress disorder in two years.
 - B. She is unlikely to have post-traumatic stress disorder in one month.
 - C. In less than six weeks the assault will no longer cause acute stress disorder.
 - D. Criteria for acute stress disorder do not require functional impairment.
 - E. Inability for the woman to recall the sexual trauma would be rare.
22. The most important single treatment for a patient with hallucinations from alcohol withdrawal is
- A. Benzodiazepines.
 - B. Brief, supportive counseling.
 - C. Talking the patient down from the hallucinations.
 - D. Antipsychotic medication.
 - E. Behavioral therapy with strict limit setting.

THE FOLLOWING VIGNETTE PERTAINS TO ITEMS 27-29

A 38-year-old black woman comes to the emergency department of a general hospital with her husband. She is agitated, diaphoretic, and tremulous. She cries out in fear of visual hallucinations, saying, "Police are around that corner; they are trying to shoot me!" She has a history of one myocardial infarction and 20 years of insulin-dependent diabetes mellitus.

23. The woman's past myocardial infarction represents a
- A. Predisposing factor
 - B. Precipitating factor
 - C. Protective factor
 - D. Perpetuating factor
 - E. None of the above

24. The MOST important single diagnostic test in this woman's immediate evaluation is

- A. A STAT glucose level
- B. Serum TSH
- C. CT scan of the head
- D. Electrocardiogram
- E. Electroencephalogram

25. The MOST important immediate medication for this patient would include

- A. Intramuscular lorazepam
- B. Oral or intravenous glucose
- C. Intramuscular haloperidol
- D. Oral amoxapine
- E. Oral fluoxetine

26. All of the following are negative symptoms of schizophrenia EXCEPT

- A. Poverty of speech content
- B. Antisocial behavior
- C. Apathy
- D. Flattening of affect
- E. Attentional impairment

27. All of the following are potentially reversible causes of dementia EXCEPT

- A. Subdural hematoma.
- B. Normal-pressure hydrocephalus.
- C. Vitamin B12 deficiency.
- D. Hypothyroidism.
- E. Parkinson's disease.

28. DSM-IV is what type of diagnostic classification?

- A. Categorical
- B. Phonetic
- C. Dimensional
- D. Reflective
- E. Integral

29. Which of the following is FALSE about Diagnostic & Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV)?

- A. It uses a diagnostic approach that is atheoretical and descriptive
- B. It categorizes psychiatric disorders mainly on the basis of their pathophysiology.
- C. It uses explicit criteria to define specific disorders.
- D. It uses a multiaxial diagnostic system.
- E. It instructs that mental retardation be listed on Axis II.

THE FOLLOWING VIGNETTE PERTAINS TO ITEMS 34-35

An agitated 24-year-old unmarried man is brought to the emergency room by the police. He has a five-year history of multiple-drug abuse. He does not work and lives with people he meets on the streets. In the past, he has supported himself through drug dealing and shoplifting. He reports having no friends.

About five years ago, he began to develop feelings of vague suspiciousness. He recognized that this was just his way of perceiving the world rather than reality. However, three days ago his suspiciousness increased. He now has trouble sleeping. He has become convinced that his neighbor is a member of the Mafia and is plotting to kill him. This evening, he went to his neighbor's house in an attempt to eavesdrop. The neighbor saw him and came to the door. The patient shot him.

(SEE VIGNETTE ON PREVIOUS PAGE)

30. If this syndrome were alcohol induced psychotic disorder, the clinical history and mental status examination would include
- A. Auditory hallucinations or prominent paranoid delusions lasting at least one week
 - B. Current clouding of consciousness
 - C. "Rum fits" during the past week
 - D. Family history of schizophrenia or mania
 - E. Prominent sympathetic nervous system discharge (elevated pulse, blood pressure, tremor, etc.)
31. If this syndrome were amphetamine-induced psychotic disorder with delusions, the clinical history would commonly include
- A. Aggressiveness and hostility
 - B. Visual hallucinations
 - C. Psychomotor retardation
 - D. Bulimia
 - E. Streptosymbolia
32. A blood level of a tricyclic antidepressant is indicated in all of the following situations EXCEPT
- A. Questionable compliance.
 - B. Poor response to the medication at therapeutic doses.
 - C. Populations with sensitivity to side effects (e.g., patients over 60 years of age).
 - D. Problematic side effects at low medication dosages.
 - E. Titration to an appropriate medication dosage in the first weeks of therapy.

33. Which of the following is TRUE?

- A. Over half of male physicians are married to another physician
- B. Over half of all female physicians are married to another physician
- C. Men & women in dual-doctor families earned more money than other married physicians
- D. Men & women in dual-doctor families achieved career goals significantly less often than other married physicians
- E. All of the above are false

34. The CAGE questions

- A. Are highly sensitive for alcohol problems
- B. "A" stands for "amnesia" (black outs)
- C. "C" stands for "can't stop" (inability to control drinking)
- D. "G" stands for "grand mal seizures" (alcohol withdrawal seizures)
- E. Are more sensitive for detecting men with alcohol problems than women with alcohol problems.

35. A 60-year-old man with no psychiatric history who is referred for evaluation of new-onset "Schizophrenia" most likely has

- A. Schizophrenia.
- B. Major depression.
- C. Dementia.
- D. A medical disorder (delirium).
- E. No serious problems.

THE FOLLOWING VIGNETTE PERTAINS TO ITEM 40

An agitated 24-year-old unmarried man is brought to the emergency room by the police. He has a five-year history of multiple-drug abuse. He does not work and lives with people he meets on the streets. In the past, he has supported himself through drug dealing and shoplifting. He reports having no friends.

About five years ago, he began to develop feelings of vague suspiciousness. He recognized that this was just his way of perceiving the world rather than reality. However, three days ago his suspiciousness increased. He now has trouble sleeping. He has become convinced that his neighbor is a member of the Mafia and is plotting to kill him. This evening, he went to his neighbor's house in an attempt to eavesdrop. The neighbor saw him and came to the door. The patient shot him.

36. Consider this man's current psychosis. In formulating his clinical situation, his past history of chronic multi-drug abuse is BEST described as a
- A. Predisposing factor
 - B. Precipitating factor
 - C. Perpetuating factor
 - D. All of the above
 - E. None of the above

You have completed the exam.

Please make sure your answer sheet contains one and only one response on all 40 of the exam questions.

Turn in your exam before you leave the room. Your exam will be returned to you via your student mailbox with an answer key once all the students have taken the exam.
